



Quicksilver Quips

July 2013

President's Message – July 2013

It is Tevis month and many of you have stepped up your preparation either as a rider or crew. As usual there are many familiar names on the start list. Best of luck to everyone, whether you are attempting your first Tevis or going for you 33rd! Tevis is an exciting milestone in our sport and we are fortunate to live so close.

We had a club meeting at Calero on June 15th. Vice-President Kathy led the meeting since I was not there. She did a write-up that can be seen below.

The Quicksilver Fall Classic is coming up fast. The ride will be October 5th at Harvey Bear Ranch in San Martin. Our ride manager, Peggy Davidson, is working hard behind the scenes, making sure the ride is a success. Be thinking of how you would like to participate in this year's ride, either as a volunteer or rider. It is hard work to make a ride happen. Thank you, Peggy for taking on the job.

The past couple of months have been busy with rides almost every weekend. A lot of members (and friends) are riding successfully. Congratulations to all and keep it up!

Lori

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QSER on the Web:

<http://www.qser.net/>

Kathy Brayton's Minutes – June

We had no secretary at our June meeting and no one took minutes. I'm sending this brief synopsis of the meeting.

The QSER June meeting was held on June 15 at Calero. It was a beautiful day with ideal weather and excellent trails. About a dozen members attended. We arrived between 9 and 10 AM and went off in small groups or individually on various trails. Everyone enjoyed their rides and then came back in for a potluck lunch and brief meeting. The food was delicious with everything from ribs and chicken to salads and brownies.

After lunch we convened for a meeting. We reviewed plans for the Fall ride, how our Facebook page is growing, what rides members are attending this summer, and our bank account which doesn't change much. Members who have attended the Santa Clara Parks commission meetings on trail use gave an update on the development and plans for multi-use trails at Calero. This is an 8-year plan will take some time getting put in place. The plans have been OK'ed and we will start seeing mountain bikers once

Minutes (Continued on page 2)

Treasurer's Report

Trails \$1,073.95
Junior: 454.38
General 4,235.89

A couple of postcards from Lars Larsen:

"Thanks for the great club calendar again. We all love it. Good names of friends and places. Norway have 2 seasons, one cold and one not so cold. Hiking and skiing is good due to swamps and lakes..horses are limited so riding around is not so easy as California. All is good and life goes on. Hi to all and everything from one who never forget..." **Lars**

Apparently that one came back and he sent the second one too:

"As of picture Filtvet is a little town with not to many P.O. boxes. I am using my sister's box which she got years ago and my correct address is Lars Larsen, P. O. Box 1, 3480 Filtvet, Norway. Again, thanks for good Quicksilver Quips. The spring time is near—dry trails, think sun..." **Lars**

US Young Rider World Team

It would be neat to see this is in the QSR news letter. It is the link to the newly announced US Young Rider World Team. <http://usequineendurance.org/> & it is the USA endurance team site where people can donate \$\$\$money & get a tax deduction as it is a 501c; but wait there is more...All of the money goes straight to the ENDURANCE TEAM DIRECTLY!! It is not filtered through USEF or a USEF Foundation. The people who started this donated their time & skills to get and keep the site up and running. They have very low overhead/costs so it ensures that almost all of the money raised goes directly to the team.. This is a good thing for all endurance riders to support.

Submitted by Tracy Hofstrand

Research Findings

I have just finished reading the Tevis Forum. There is always a lot of interesting and educational articles. One section of the article "From the Ride's Head Veterinarian" (Greg Feller, DVM), I thought was worth passing on to those who may not get the 'Forum'.

Research projects are becoming more popular to help us to understand and help our horses. One project at last year's Tevis was conducted by Dr. Karen Hassen. Here is what it says:

"Another research project at last year's Tevis was the detailed examination of some of the horses pulled for lameness conducted on Sunday at the Fairgrounds by Dr. Karen Hassen. She presented her findings at the AERC meeting also. Although the results of nerve blocks were predictably variable, the one consistence she saw with the horses she examined on a total of 3 rides was the inferior quality of shoeing. Common observations were poor lateral/medial balance, small shoes resulting in poor foot support, and trimming tendencies that lead to too much toe, low heels and poor angulation to the coffin and pastern joints."

Something (important) to think about.

Submitted by Lori Oleson

Minutes (Continued from page 1)

they open the San Vicente staging area which will be off McKean at Fortini Road. A positive outcome of members attending the Parks meetings is that the fellow in charge of trail design and building offered to go out with some of us so that we can show him where the dangerous areas are for horses and bikes to be on the same trail.

The meeting was adjourned about 1PM.

Kathy

Want a new pony, little lady? Najm El Nil of Santa Ynez at Silver Maple Farms

Story and photograph by Lori McIntosh



Back in April, the 13th to be exact this year, I visited the Metzts, the owners of Silver Maple Farms. I went down to Santa Ynez as I was offered the chance to ride Limerick, a massive Irish Sport Horse, owned by one of the Masters, in the Los Altos Hounds. Our club was invited to the closing hunt of the Santa Ynez Valley Hounds. Off I went and had a super fabulous but very intense and very fast ride galloping up and down hillsides chasing scents of various critters. Christie and Henry wanted a portrait of Simeon Shai, (the sire of my gelding, Brumarba Red Shai), with them. He is 29 years old this year and they wanted a recent portrait as he is still absolutely stunning. Afterwards, Henry took me to meet a yearling named Najm El Nil. He didn't fit their breeding program but felt he would be a spectacular trail horse. My specialty. Trails and endurance. I was thinking OK, I will go along with it, meet the little guy, take some pics with my iPhone and maybe a mini video. I showed it to my husband who said, "Well, honey, when he is ready to go under saddle?" Finn will be 20, actually 19, but I was saying nothing except, true, true. Right, right and then suddenly I was calling the Metzts and discussing his pick up and pre-purchase exam.



Becky and Judith went to the San Benito rodeo. Judith, as photographer for the San Juan Star got to shoot from the rail.

12th Annual East Bay Hills Trails Benefit Ride Wednesday, Aug 28--Monday, Sept. 2



Ride: the trails of the East Bay Hills in small groups at your own pace for one, for more, or for all 6 days. Follow and/or parallel the Bay Area Ridge Trail much of the time, on both fire roads and single track trails, over both flat and hilly terrain, with views of the Bay Area, across the valley and beyond. Camp 2 nights each at Tilden, Joaquin Miller, and Anthony Chabot Parks with the 6th Annual Bay Area Ridge Trail Through-Hike from Martinez to Castro Valley.

Food and Evening Entertainment: All meals provided for riders and hikers, and hay, carrots and water for the horses. Evening programs will include a visit to the Chabot Space Center, a naturalist presentation, the Flying Fillies Drill Team, and other surprises.

Costs/Benefits: Ride fees start at under \$65/day and cover your camping, food and horse provisions, trail maps, and all evening programs. A raffle and silent auction will provide other opportunities to support the Bay Area Ridge Trail and East Bay equestrian and volunteer trail projects. Register with the entry form at www.twha.org or on the reverse of this flyer, or sign up online at <http://eastbayhillstrailsbenefitride.eventbrite.com/?ref=estw>

Camp Rules: Riders will be responsible for stabling their horses at each camp. Stallions will not be allowed on this ride and please no generators after dark. Dogs by special permission only. SEI-certified helmets are required.

Questions: Contact Judy Etheridge, at misxfire@yahoo.com or at 925-862-0232. or Morris Older, at ebhillside@comcast.net or at 925-254-8943, for more information or to volunteer.



More info at www.twha.org—
click on events.
Sign up for the
hike at
www.ridgetrail.org

2013 East Bay Hills Trails Benefit Ride Entry Form

Name(s) _____ Phone(s) _____ email _____

Address _____ City, State & Zip Code _____

Please check the days you will be riding: All 6 Days Wed Thurs Fri Sat Sun Mon

Ride Entry Fees \$70/day times ___ (number of days checked above) x ___ \$ _____
 \$375 all 6 days riding/camping x ___ \$ _____
 Non-Rider/Hiker Dinner/camping on ___ nights \$15 per night x ___ \$ _____ (note which nights)
 Additional contribution to the Ridge Trail and/or parks \$ _____
 New Membership/Renewal for ___ TWHA (\$20), ---MHA \$25) \$ _____
 Ride Discount if membership dues included (-\$15) \$ _____

Trailer Info: Size: ___ (# horses) ___ / Tow Vehicle size / ___ (#) horses coming with this trailer
 Please sign release form below and mail entry form & checks payable to TWHA to Total \$ _____
 Morris Older, 50 La Encinal, Orinda CA 94563

2013 East Bay Hills Trails Benefit Release of Liability

Name(s): _____ Telephone: _____

Address: _____ City, State and Zip Code _____

I acknowledge that horseback riding is a sport which carries inherent risks of injury and damage to myself, my horse, and property. I knowingly assume all risks, whether known or unknown, of horseback riding.

I hereby release the Tilden Wildcat Horsemen's Association (hereinafter referred to as TWHA), the Metropolitan Horsemen's Association (MHA), the Bay Area Ridge Trail Council (BARTC), the East Bay Regional Park District (EBRPD), the East Bay Municipal Utility District (EBMUD), Volunteers for Outdoor California, (V-O-Cal) and the City of Oakland from all liability for any act of negligence or want of ordinary care on the part of TWHA, MHA and/or any of its agents. In consideration of my participation in this event, I waive, release, and discharge TWHA, MHA, BARTC, EBRPD, EBMUD, V-O-Cal, the City of Oakland and their directors, officers, agents, and members, their representatives, heirs, executors, and assigns from any and all claims of liability for injury or damage to myself, my animals, or my property arising out of my participation. This agreement is binding upon my executors, heirs, and assigns.

I expressly waive any rights I may have under California Civil Code 1542, which states: "A general release does not extend to claims which the creditor does not know or suspect to exist in his favor at the time of executing the release, which if known by him might have materially affected his settlement with the debtor."

I agree that I will indemnify and hold harmless TWHA, MHA, EBRPD, EBMUD, BARTC, the City of Oakland and their officers, directors, members, and agents against all claims, demands, and causes of action, including court costs, and actual attorney fees, arising from any proceeding or lawsuits brought by or prosecuted for my benefit, in which this release is upheld. TWHA, MHA, EBRPD, EBMUD, BARTC, the City of Oakland and their agents or employees shall not be liable for any damage which may accrue from any cause or as a result of fire, theft, running away, state of health, or injury to person, horse or property.

I acknowledge that I have read this Release of Liability and know and understand its contents. SIGNATURE: _____ DATE _____

MINORS DO NOT SIGN THIS FORM-- PARENT OR LEGAL GUARDIAN MUST COMPLETE THIS SECTION

I, the undersigned parent or guardian of the above participant, in consideration of my minor's participation in the event, agree that the terms and conditions of this Release of Liability shall be binding as to damage or injury to my minor, his animals, and property arising out of his participation in events.

I acknowledge that I have read this Release of Liability and know and understand its contents.

NAME: _____ ADDRESS: _____ CITY, STATE & ZIP: _____

TELEPHONE: _____ : DATE _____ SIGNATURE: _____

Great Railway Journey to Lake Garda, Italy (Part 2)

By Barbara McCrary

On one of our outings from Desenzano, we took a boat across the lake to the long slender peninsula that juts out from the south shore of the lake. There was located the charming town of Sirmione. We hiked along the east shore, up the hill, to the very northernmost tip of the peninsula. There we saw the ruins of a very large Roman villa, Le "grotte di cantullo," featuring portions of large, carved marble columns and magnificent archways. Throughout the trip, I was constantly amazed at the exquisite stone carvings. To think that these columns, faces, animals, leaves, and flowers were all chipped from hard stone into such beautiful pieces of art—they were simply stunning. All the stonework was stunning—the walls steps, archways, floors—all done by hand with simple tools. I had to believe that there was a lot of cheap manpower available in the days of Roman supremacy.



Ruins at Le grotte di cantullo



*Caps of ruined columns;
Lake Garda in background*

Approaching the time we would be returning across the lake to Desenzano, we began to hear thunder. When we reached the part of the town closer to the boat docks, many of us gathered at a café for coffee and pastries. The café was set up with umbrellas to shield patrons from the sun, but as the skies opened up and poured rain, the hardest I can remember, the umbrellas became feeble protection from rain. Anyone so ill-advised as to stand under the edge of one



had rain running down his back. I had on a very good raincoat, but only to the knees. From knees down, my jeans became soaked, as did my shoes. Worse yet, as we saw our boat arrive at the docks and we filed over to board it, we had to wait in the pouring rain for the previous passengers to disembark. Still, it had been a lovely day of exploring.

It was at a beautiful little stationery shop just a short distance from the café that I found a letter knife to add to my collection. Somehow, many years ago, I began collecting letter knives, and I have them from Ireland, Scotland, England, Mongolia, Isle of Man, Japan, China, and several places in the U.S., including a sterling silver and turquoise one from the Navajo Nation's governing center at Window Rock, Arizona. The closest thing I could find in Mongolia was actually a small dagger, but it pleases me and adds to my collection.

We spent one day in Verona, the city of Romeo and Juliet. It is said these events really happened, but of course they were exaggerated to some extent, and the merchants take advantage of the public's curiosity, with little shops pedaling souvenirs of the couple in this great love story. It was interesting to discover that Romeo was 16 and Juliet, 14, when their ill-fated romance took place. We were shown Juliet's balcony, surrounded by souvenir shops.

Our next outing was to Venice. This unique city was built originally on a marsh, likely to protect the residents from invaders. Now the entire city is surrounded by water, and there are no cars there, only boats of one sort or another. If you want to go from one place to another, you either walk, take a water taxi, or have your own boat. Gondolas are for tourists to ride in and have their picture taken, at considerable greater cost than the other boats.



Venice had been a center of government of the Doge, by the Doge, and for the Doge. His palace is prominently located at the Square of San Marco. It is huge and ornate. A grizzly feature that I found interesting were the prisons. These were multiple stone cubicles, each with a bucket for sanitation, wooden frames for beds, no windows, and just a hole in the stone through which food was passed to the prisoner. Connecting the prisons to the palace was a bridge, dubbed "The Bridge of Sighs", because as the prisoner was sent across the canal from the palace, this would be the last time he saw daylight.

While sitting at the dockside that day, huge monsters slowly slipped into the main canal. They were Carnival Cruise Line ships; I think I counted about 15 stories high on one of them. I wouldn't sail on one of these for anything, as they appear so very top-heavy. By the time about three of these unloaded their multi-thousands of passengers to be let loose on the city, things became rather crowded. As fascinating as it all was, I missed being out in the woods somewhere without all those people!



As Venice appears to have been the origin of Carnevale, literally "farewell to meat", the beginning of Lent, there were innumerable shops with masks for sale. They were really quite lovely, but too fragile to bring home safely. And I had NO extra room in my luggage, so I just sighed and walked on by.

We had one day in Venice with the Great Railways tour, but Joan, Ruth, and I went back for three days as the rest of the group were on their way back to London. I have my itinerary rather scrambled, but I'm sure you get the point, even if I have the days mixed up. As I mentioned in the last Quips, I failed to keep a journal and I have to put the itinerary together with help from the order of the photos. More on our return to Venice and on to Strasbourg and London in the next issue of Quips...

Stretch, Straighten and Strengthen

Have any of you had Achilles Tendonitis? I have of over 5 years. I told my health care provider that it is getting worse and I want to see a specialist and/or physical therapist.

I went to the physical therapist, and what she told me was interesting. Without telling her I ride and what type of riding I do, she told me why I have tendonitis. Guess what? It has been caused by the slow changes in my leg structure from riding. Think of the strain of the horse's tendon when they have crooked legs. That was the first thought that came to mind when she looked at my leg structure.

She gave me exercises to help stretch, straighten and strengthen that lower part of my legs. Although my legs will never be completely straight again because of years of riding, I do believe the tendonitis can be corrected over time.

I wanted to pass this along in case anyone else developed a painful "bowed tendon" on their Achilles.

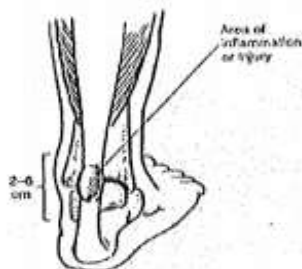
Submitted by Lori Oleson

See Exercises—page 8

Achilles Tendonitis

What is Achilles Tendonitis?

The Achilles tendon is the thick tendon above the heel that attaches the calf muscles to the heel bone. Activities such as walking, running or jumping places stress on the tendon which can lead to over use, inflammation and small tears. This is called Achilles Tendonitis. Symptoms can include: pain, weakness, stiffness and tenderness to the touch. Over time the tendon may become thickened causing constant or recurring pain and stiffness. The following tips will help you treat your symptoms.



Calf muscle stretching: Stretching should be done **pain free**. The stretch should be felt in the back of the calf.

Calf muscle strengthening: Exercises will help the healing process by improving the strength of the tendon and help align scar tissue.

What can I do to return to activity?

- Gradually return to training, start back at 50% of your previous level if you can perform the activity without pain. Do not increase your activity or training more than 20% each week. (example: if you are able to jog 10 minutes and want to progress, only add 2 minutes to the total that week) Warm up for 5-10 minutes prior to your activity.
- Vary your activity, try adding a stationary bike or swimming workout into your schedule.
- Include rest days in between exercise days so that you are not training every day in the beginning.
- Begin training on softer surfaces such as grass, dirt and asphalt. Avoid harder surfaces such as concrete.
- Maintain a healthy weight.
- Wear activity specific shoes and replace old and worn shoes.
- Continue to stretch and build strength in your calf muscles.

What can I do in the early stage?

Rest: Rest gives the tendon time to heal and repair itself. It is important to limit painful activities.


Ice: **Ice massage** can be done for 4-6 minutes, 3-4 times per day. After freezing water in a paper cup, peel off some of the paper so a chunk of ice is showing and rub the ice on the sides of the tendon.

An **ice pack** can be used for 10 min, 3-4 times per day

Heel lifts: Use a heel lift in both shoes during the rest period. This will help decrease some of the stress on the tendon and allow it to calm down quicker. Stop if this causes pain.

*Self Massage to
tendon 3-5 minutes
1-3 x /day*

Physical Therapy

 KAISER PERMANENTE.

012701-000 (REV. 7-11)

Stretching exercises

Calf stretch: A pulling sensation in the tendon is normal, avoid feeling pain during stretching. repeat 5-6 times per day Hold each stretch for 30 – 60 seconds.



Knee straight: Place the leg you are stretching behind you. Keep your heel on the ground, knee straight and your toes pointed straight ahead. Lean forward until you feel a gentle stretch in your calf.



Knee bent: Place the leg you are stretching behind you. Start slightly closer to the wall. Keep your heel on the ground. Bend your back knee until you feel the stretch in the lower part of your calf.

Calf strengthening exercises - Phase I

Sitting heel raises

- Sit on a chair and rise up onto your toes as high as you can without pain. Lower your heels slowly. Complete 20-25 reps without pain. Perform this 5-6 times per day
- You can add resistance by pressing down on your thigh with your hands, or by placing a weight on your thighs, complete 20-25 reps without pain



Physical Therapy

012701-000 (REV. 7-11) REVERSE

Calf strengthening exercises – Phase II

Standing Heel Raises: Use both feet to rise up onto your toes and lower the heels slowly. Assist with the unaffected side so that there is no pain in the affected side. The affected side may do most of the work at this stage. Complete 20-25 reps without pain.



Progress by:

- Increasing the weight on the affected side and decreasing the weight on the unaffected side. The goal is 20-25 reps without pain.
- Do the heel raises while only using the affected leg. The goal is 20-25 reps without pain.
- Place your toes on the edge of a step. Use two feet at first and follow the same progression. Allow your heels to slowly drop below the step as you complete 20-25 reps.
- Do the exercise on one leg, continuing to move slowly.



Consult with your physical therapist or doctor if you experience an increase in your symptoms with recommended exercises, or if you develop new symptoms of numbness, tingling, or a spread of the pain. This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.

 KAISER PERMANENTE[®]

Classifieds

Centered Riding® Lessons

Help your horse use him/herself effectively while going down the trail.

Take the stress out of your body and your horse's body. Find out how to have a better seat and make your horse more comfortable.

Centered Riding® lessons available with **Becky Hart**, Level 3 Centered Riding instructor. Clinics available upon request.

408-425-5860

HORSE BOARDING FACILITY

20535 Rome Drive, San Jose, California.

Stalls: \$270.00, pasture \$200.00, fed twice a day high-grade oat and alfalfa.

96' X 48' uncovered outdoor arena. We clean. Shavings available. 1.25 miles to entrance to the Quicksilver County Park (3600 acres and 19.2 miles of manicured trails). I provide my trailer for use to boarders. My place borders Quicksilver Park.

Trilby - (408) 997-7500

"TEN FEET TALL, STILL"

My first book, *Ten Feet Tall, Still*, is out of print, but is now an e-book for downloading at Amazon, Barnes and Noble and some other places. One Hundred Percent of the proceeds go to the AERC Trails Fund and the WSTF Trails Fund.

This is shameless advertising, but I believe in the cause.

Julie Suhr

WANTED

Endurance rider turned cowgirl looking for Big Horn brown Cordura Western saddle. Will purchase outright or will consider temporary trade for my Freeform Liberty treeless endurance saddle in like-new condition.

Beverley Kane sensei@horsensei.com **650-868-3379**

FOR SALE

Reactor Panel saddle, VSD Baker Trail model, 18" seat, 13+" tree size. Black. Includes dressage girth and endurance kit. Bought new for \$3800, hardly used. Priced at \$2700.

Call **Jeanine** at **831-423-4774** or e-mail: jmccrory@gmail.com

FOR SALE

Lance cab-over camper, 1991. Everything is in working order. Hydraulic jacks, oven, stovetop, fridge, bathroom with shower and outdoor shower. Lots of storage. 9'4" gives you extra room without needing to extend the bumper. Hitch and levelers included. Reasonable condition, except seat cushions and curtains. \$1500/obo

Becky Hart: bghart@garlic.com or 408-425-5860

PRINTING SERVICES

for Quicksilver club ride managers. Our club now has a color duplex printer that is located in the home of Becky and Judith. You can do the printing at the cost of 25¢ per page color and 6¢ per page B&W, if you provide the paper. If you e-mail the printable files to Becky, she will do the printing for you at the cost of 27¢ per page color and 8¢ per page B&W, including the paper.

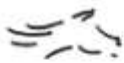
E-mail **Becky: bghart@garlic.com**

TAX SERVICES

Specializing in horses.

Trilby - (408) 997-7500





BOOKS ARE THE PERFECT GIFT!



To benefit our trails and our horses, I have written two books. They are entirely different in style.

1. **Ten Feet Tall, Still** is out-of-print, but available as an e-book from Amazon, Barnes and Noble and others. All proceeds to **AERC Trails Fund** and **WSTF Trails Fund** for preservation of horse trails. \$9.99
2. **...but it wasn't the horse's fault!** Available from Marinera Publishing, www.marinerapublishing.com All proceeds to **CENTER FOR EQUINE HEALTH**, School of Veterinary Medicine, Davis, California \$24.95



by
Julie Suhr

You are never quite the same after you ride a good horse.

One of the earliest religious disappointments in a young girl's life revolves upon her unanswered prayer for a horse.

Phillis Theroux, as quoted in Julie's book



FOR SALE

Freeform Free-west saddle. Short base (20") and 17" seat. Fenders and sheepskin lined. Very lightly used and well-maintained. Sells with Haf pad, also in excellent condition. Both for \$1,000. Stacy at jamesryan.stacy@gmail.com



FOR SALE

Abetta saddle. Great condition. VERY COMFORTABLE RIDE. \$400 new. Make offer.

408-687-5315

FOR SALE

Pipe corral panels available--extra panels for sale.

5 rail, 24 feet long w/verticals every 6 feet.

2 pipe panels w/butterfly clamps.

\$175 for both panels OBO

Michelle
831-427-1533

Classifieds

SUPRACOR ENDURANCE PAD

Supracor Endurance Pad, green, \$375. I have only used this pad to try out with various saddles so it has been hardly used and stored very well. See Supracor website for more details. It currently sells for \$505. **(408) 776-7591 or cell (415) 235-5246**
PRICE REDUCED TO \$275

I'm a Cal Poly-trained Farrier but I only shoe my horses so I'm always checking out better ways to protect my horses feet and legs.

My horse chipped his hoof wall and I called to ask about a glue product they have called "Adhere".

I spent about 30 minutes on the phone with the California Vettec Rep yesterday and he was extremely knowledgeable and generous with his time. He also explained how the Vettec products can be used instead of pads which will reduce nail movement in the hoof wall and provide a more secure nailing.

He also told me that if anyone wants to ride the Tevis, he will provide the product and installation free of charge and all he wants is to take before and after pictures of the hoof.

His name is **Larkin Green (916) 705-8380 <http://www.vettec.com/>**

I thought some Quicksilver folks might want to know. David De La Rosa

WANTED

I am looking for my next horse, and would greatly appreciate it if you would keep you eyes and ears open for possible horses for me. I am looking for the epitome of a Julie Suhr, later-in-life horse. I need a short, safe, smooth Arabian gelding no taller than 14.3. Ideally, I would like to clone my precious endurance horse Raj, but that is not going to happen. Please let me know if anything comes across your radars and I would be grateful. Thanks for the assistance and happy trails. **Margaret Graham**

FOR SALE

Jerry Dowdy in Scotts Valley has 14 saddles from McClellans to Western, Australian and English plus a lot of harnesses, bridles, and miscellaneous horse gear for sale in Scotts Valley. If you are interested he will send you a CD with pictures of them and also include a list of tree and seat sizes. All very reasonably priced. His number is

(831) 335-5587

FOR SALE

25 gallon corner water tank with stand, new condition—\$85

Electric portable fence set up with stakes, charger, electric rope & carrying bag. It is ready to go. Used 2 times in great condition! \$200

Contact **Tracy Hofstrand 408 391-8912** or email **hobie_gal@yahoo.com**



FOR SALE

All Tack Must Go... Woman's Small yellow gloves, brand new—\$20. Kool Coat stable sheet, 72", white, in good condition—\$40. Nylon black chin strap, new—\$2. Fly sheet, 75", blue—\$20. Heavyweight waterproof winter blanket, 76", purple—\$50. Rubber blue curry comb, in good condition—\$4. Set of 4 red polo wraps, barely used—\$11. Black front SMB2 002 small, used, splint boots—\$45. Red Professional Choice bell boots, small—\$10. Mesh bag, barely used—\$13. Stiff blue bristle brush, barely used—\$6. SMB2 200 splint boots, new, large—\$54. Coronet slip-on spurs with rowels. Looks brand new—\$4.

408-310-1510 Heather Bryant

Classifieds

9-yr-old Mare, \$4000

Beautiful CMK Chestnut Mare out of Gulastras Splash and CR Farlastra.

14.2h, 7 1/2" cannon bones, solid leg, body and mind. Resting heart rate 32, pulsed in after rides at 40. Excellent hip, smooth gaits.

Great Middleweight, Lightweight or Featherweight horse.

She has never had an injury. Currently in maintenance training 3-4 times a week. She has done several years of trail work. Due to work situations, we do not have the time to ride. She is an excellent horse and it would be a shame not to have her out on the trail.

She is very compassionate and willing to please. She needs a sensitive rider that will be a good buddy.

Contact Kirstenzazz@gmail.com or call **408-416-8432** with any questions.



Rhoberta – ROXY

Horse Trailer with Living Quarters, \$15,000

Rugged, custom built 1988 trailer, built by Westline OR, very good shape

Twenty four foot long, welded aluminum, goose neck tow, 8,240 lbs. unladen weight.

Two horse stalls, slant load, ramp loading, removable dividers, mangers, vents, lots of tack storage. Separate tack room, portable aluminum corrals, cantilever horse ties.

Top side hay/cargo storage rack, 150 gallon water storage tank, gas power generator.

Stalls could be easily modified to haul other objects so let your friends know about this amazing trailer.

Living Quarters: AC, heater, 3 burner stove, oven, water heater, refrigerator, double bed with extra head room, large clothes closets, many storage cabinets/drawers, separate shower/toilet stall, dual 7 gallon propane tanks, external awning.



Contact [Pat Verheul pat@theverheuls.com](mailto:pat@theverheuls.com)
or call **831-335-3907**.

FOR SALE

Specialized Euro Lite saddle, brown with cream sheepskin, seat size 16". \$1,000

Contact [Tracy 408-391-8912](tel:408-391-8912) or
hobie_gal@yahoo.com



**MacPherson
Basket Weave
Buckaroo
Saddles**



601 15 - 15" seat: Slightly used but in great condition. Approximately 20 years old. The sheepskin is in very good condition. Has standard swells. Also includes matching breast collar. - \$1,000

602 16 - 16" seat: Has never been on a horse. Essentially brand new but purchased 20 years ago. This style has smooth swells. Also includes matching breast collar. - \$1,200

Both of these saddles have been very well cared for as we are the original purchasers from the manufacturer. We are selling them as they do not fit our Gypsy horses.

Contact: GrinRanch@aol.com

We are in the Aromas, CA area (95004) near Watsonville, Santa Cruz, Gilroy, Monterey, etc..

WANT TO LEASE

Looking for a horse to lease for feed and care.

Open to all ideas; please call or email me, let's talk about your situation and what I have to offer.

Gelding preferred.

**Michelle H.
831-427-1533**

FOR SALE

Extended trailer hitch - for long camper that hangs over back of truck. Hitch is brand new, sway bars are old. \$100 OBO.

**Judith 408-425-7873 or
Becky 408-425-5860**

FOR SALE

Eight year old bay gelding, former racing Arabian, approximately 15 hands tall. Has been ridden on Henry Cowell trails, including river crossings. Sound and strong. \$500.

831-335-3907

PRIVATE FACILITY

Looking for 1 - 2 horses to board, includes barn with 12x12 stalls plus 12x12 paddocks, outdoor 70 x 100 arena with wonderful footing (particularly in winter), easy access to 50 miles of trails, 2 acre or smaller pasture for private turnout, \$300/month/horse references required.

E-mail: **Sandy Holder
slholder002@gmail.com**

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Humor and Birthdays

Some Senior Thoughts

God grant me the senility to forget the people I never liked, the good fortune to run into the ones I do, and the eyesight to tell the difference. Now that I'm older here's what I've discovered:

1. I started out with nothing, and I still have most of it.
2. My wild oats have turned into prunes and all-bran.
3. I finally got my head together, and now my body is falling apart.
4. Funny, I don't remember being absent-minded.
5. Funny, I don't remember being absent-minded.
6. If all is not lost, where is it?
7. It is easier to get older than it is to get wiser.
8. Some days, you're the dog; some days you're the hydrant.
9. I wish the buck stopped here; I sure could use a few.
10. Kids in the back seat cause accidents.
11. Accidents in the back seat cause kids.
12. It's hard to make a comeback when you haven't been anywhere.
13. The only time the world beats a path to your door is when you're in the bathroom.
14. If God wanted me to touch my toes, he'd have put them on my knees.
15. When I'm finally holding all the cards, why does everyone want to play chess?
16. Its not hard to meet expenses . . . they're everywhere.
17. The only difference between a rut and a grave is the depth.
18. These days, I spend a lot of time thinking about the hereafter . . .I go somewhere to get something, and then wonder what I'm hereafter
19. Funny, I don't remember being absent-minded.
20. I'M UNABLE TO REMEMBER WHETHER I'VE SENT YOU THIS BEFORE.....

"I know you're retired from the Armed forces, " said the boss. "What did they say to you there if you showed up in the morning so late and so often?"

The old man looked down at the floor and chuckled quietly, then said with a grin, "Good morning, Admiral, can I get your coffee, sir?"



Happy July Birthday
to our Quicksilver Members
and Endurance Friends

Elisabet Hiatt	7	2
Ildy Nadasdy	7	6
Judith Ogus	7	12
Scott Sansom	7	15
Steve McCorkle	7	22
Diane Trefethen	7	26
Sam Davidson	7	27

IT'S NEVER TOO LATE TO JOIN THE QUICKSILVER RIDERS!!!!

FIRST: We need your name

And then your address

And your phone number, Fax, e-mail

And then we need your money! Senior membership is \$ 25 _____

Junior (under 16 years of age) membership is \$ 15 _____

Family membership is \$ 40 _____

Total enclosed \$ _____

Why join the Quicksilver Endurance Riders? You will have the opportunity to participate in poker rides, moonlight rides, endurance rides, trail projects as well as attend monthly meetings, the Christmas party, and the annual awards ceremony; saving the best for last, you will meet the best friends you will ever have!

How are our dues spent? Annual Yearbook/Calendar; monthly Newsletter; a representative voice in local horse politics; trail maintenance and improvement projects; year-end awards and monthly meetings.

Send your dues, checks made out to: Quicksilver Endurance Riders, Inc.

**Mail to Membership Chairperson: Maryben Stover
1299 Sandra Drive
San Jose, CA 95125-3535
(408) 265-0839**

May your and your horse(s) have a wonderful year riding together as Quicksilver Endurance Riders!!!

"Life outside of endurance? I don't think so."

Dave Rabe

"Nothing can stop a man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

Thomas Jefferson

(Do you think maybe Jefferson was an endurance rider?)

Mission Statement of Quicksilver Endurance Riders, Inc.

QSER exists to promote the sport of endurance riding by conducting endurance rides and advocating for equestrian trails. It seeks to provide a model for the highest standards of sportsmanship and horsemanship within the context of this sport. It supports and provides educational events and leadership in each of these areas.

**Quicksilver Endurance Riders, Inc.
P.O. Box 71
New Almaden, CA 95042**

